

WHAT IS CLAIMED IS:

1) A training assembly comprising a bat portion having a channel formed therein, wherein said channel lies on a longitudinal axis of symmetry of said bat portion.

5 2) The assembly of Claim 1 wherein said training assembly further includes a wire portion having a ball portion movably coupled thereon.

3) The assembly of Claim 2 wherein said training assembly further includes a frame portion having a plurality of
10 selectively and removably interconnected frame members which, when selectively and removably interconnected, form a generally U-shaped void portion.

4) The assembly of Claim 3 wherein said wire portion is coupled to frame portion over said generally U-shaped void
15 portion.

5) An assembly comprising:

a frame portion having at least two wire containment pin portions;

a ball portion having an aperture formed therethrough;

20 a guide wire portion which is disposed through said aperture of said ball portion, said guide wire portion including two substantially identical attachment portions, said two substantially identical attachment portions each

being disposed upon a unique end of said guide wire portion; and

a bat portion having a handle end and a striking end, wherein said striking end includes a channel portion.

5 6) The assembly of Claim 5 wherein said channel portion lies on a longitudinal axis of symmetry of said bat portion.

7) The assembly of Claim 6 wherein said two substantially identical attachment portions each comprise a spring having
10 a hook portion.

8) The assembly of Claim 7 wherein said at least two wire containment pin portions comprise a plurality of selectively removable wire containment pin portions.

9) The assembly of Claim 8 wherein said frame portion
15 further comprises:

at least one pair of identical leg portions each having at least two apertures formed therethrough;

at least two identical base rail portions each having at least two apertures formed therethrough;

20 at least two support rail portions each having at least two apertures formed therethrough;

at least two vertical post portions each having at least two apertures formed therethrough; and

at least two wire post portions each having a plurality of equidistantly spaced apertures formed therethrough.

10) The assembly of Claim 9 wherein said frame portion
5 further comprises:

at least two four-way connector portions; and

at least two three-way connector portions.

11) The assembly of Claim 10 wherein said at least two four-way connector portions comprise:

10 a vertical connector having an aperture formed therethrough;

a first leg connector having an aperture formed therethrough;

a second leg connector having an aperture formed
15 therethrough; and

a third leg connector having an aperture formed therethrough, wherein said first, second, and third leg connectors are perpendicular to the vertical leg connector, and wherein said first and said second leg connectors form
20 a ninety degree angle, said second and said third leg connectors form a ninety degree angle, and said first and said third leg connectors form a one-hundred and eighty degree angle.

12) The assembly of claim 11 wherein said at least two three-way connector portions comprise:

a first vertical post connector portion having an aperture formed therethrough;

5 a second vertical post connector portion having an aperture formed therethrough; and

a support connector portion having an aperture 26 formed therethrough, wherein said support connector portion is disposed upon said first and said second vertical post connectors at a ninety degree angle.

13) The assembly of Claim 12 wherein said guide wire portion further comprises a pair of identical and selectively malleable stopper portions, each of said pair of identical and selectively malleable stopper portions
15 being movably coupled to said guide wire portion at a unique end of said guide wire portion.

14) A method for using a sports training/practice assembly to increase hand-eye coordination and muscle memory, said method comprising the steps of:

20 providing a frame portion having at least two wire containment pin portions;

providing a ball portion having an aperture formed therethrough;

providing a guide wire portion and movably disposing said guide wire portion through said aperture of said ball portion;

providing two substantially identical attachment portions and coupling said two substantially identical attachment portions to a unique end of said guide wire portion;

providing a bat portion having a handle end, a striking end, and a longitudinal axis of symmetry;

forming a channel portion on said longitudinal axis of symmetry of said bat portion and through said striking end;

suspending said guide wire portion between said frame portion; and

repeatedly swinging said bat portion at said ball portion, such that said channel portion of said bat portion receives said guide wire portion and allows said bat portion to strike said ball portion, effective to repeatedly practice a correct swing and gain muscle memory from said correct swing.

15) The method of Claim 14 wherein said step of providing two substantially identical attachment portions further comprises the step of providing a pair of springs each having a hook portion.

16) The method of Claim 15 wherein said step of providing a frame portion further comprises the steps of:

providing at least one pair of identical leg portions and forming at least two apertures therethrough;

5 providing at least two identical base rail portions and forming at least two apertures therethrough;

providing at least two support rail portions and forming at least two apertures therethrough;

10 providing at least two vertical post portions and forming at least two apertures therethrough;

providing at least two wire post portions and forming a plurality of equidistantly spaced apertures therethrough.

providing at least two four-way connector portions; and

15 providing at least two three-way connector portions.

17) The method of Claim 16 wherein said step of providing at least two four-way connector portions further comprises the steps of:

20 providing a vertical connector and forming an aperture therethrough;

providing a first leg connector and forming an aperture therethrough;

providing a second leg connector and forming an aperture therethrough; and

providing a third leg connector and forming an aperture therethrough.

18) The method of claim 17 wherein said step of providing at least two three-way connector portions further comprises
5 the steps of:

providing a first vertical post connector portion and forming an aperture therethrough;

providing a second vertical post connector portion and forming an aperture therethrough; and

10 providing a support connector portion and forming an aperture therethrough.

19) The method of Claim 18 further comprising the steps of:

adjustably coupling said guide wire portion to said
15 frame portion from a first low point to a second higher point; and

repeatedly swinging said bat portion at said ball portion of said guide wire portion, thereby repeatedly practicing a home-run swing, effective to train muscles to
20 remember said home-run swing.

20) The method of Claim 18 further comprising the steps of:

adjustably coupling said guide wire portion to said frame portion from a first mid-point to an equal mid-point point; and

repeatedly swinging said bat portion at said ball
5 portion of said guide wire portion, thereby repeatedly practicing a line-drive swing, effective to train muscles to remember said line-drive swing.

21) The method of Claim 18 further comprising the steps of:

10 adjustably coupling said guide wire portion to said frame portion from a first high point to a second low point point; and

repeatedly swinging said bat portion at said ball
portion of said guide wire portion, thereby repeatedly
15 practicing a ground-ball swing, effective to train muscles to remember said ground-ball swing.